

The foundation of lifelong health is shaped from the earliest days of life. Our children's early experiences and environment from conception to six years of age help shape their brain architecture.

**2016 EARLY DEVELOPMENT INSTRUMENT RESULTS – FOOTHILLS “E” REGION: South of Railway, Okotoks**

What does the research tell us about how children are developing in the Foothills Region?

**ON TRACK**

**AT RISK**

**VULNERABLE**



## PHYSICAL HEALTH AND WELLBEING

Gross and fine motor skills (e.g. holding a pencil, running, motor coordination), energy levels for activities, independence in looking after own needs, and daily living skills.



## SOCIAL COMPETENCE

Curiosity, eagerness to try new experiences, ability to control own behaviour, respect, cooperation, following rules, and ability to play and work with other children.



## EMOTIONAL MATURITY

The ability to think before acting, impulse control, ability to deal with feelings at an age-appropriate level, and empathy for other people's feelings.



## LANGUAGE AND COGNITIVE DEVELOPMENT

Early writing skills, reading awareness, age-appropriate literacy and numeracy skills, ability to understand similarities and differences, and memory.



## COMMUNICATION AND GENERAL KNOWLEDGE

Skills to communicate needs and wants in socially appropriate ways, symbolic use of language, storytelling, and age-appropriate knowledge about the life and world around.



*This data represents Early Developmental Instrument (EDI) data collected by teachers on 592 kindergarten age children in the communities within the Foothills region in 2016. Distribution of results in a domain may not add up to 100% due to rounding to the nearest whole percentage.*

**LOOKING FOR MORE INFORMATION ABOUT HEALTHY CHILD DEVELOPMENT?  
CONTACT THE FOOTHILLS CHILDREN'S WELLNESS NETWORK'S COORDINATOR AT (587) 228-7891**

# TAKE 5 TO MAKE CHANGE



**TAKE 5  
TO PLAY  
WITH ME**  
PHYSICAL HEALTH  
& WELLBEING

**TAKE 5  
TO LISTEN  
TO ME**  
COMMUNICATION  
AND GENERAL  
KNOWLEDGE



**TAKE 5  
TO EXPLORE  
WITH ME**  
SOCIAL  
COMPETENCE

**TAKE 5  
TO READ  
WITH ME**  
LANGUAGE AND  
COGNITIVE  
DEVELOPMENT

**TAKE 5  
TO ENCOURAGE  
ME**  
EMOTIONAL  
MATURITY